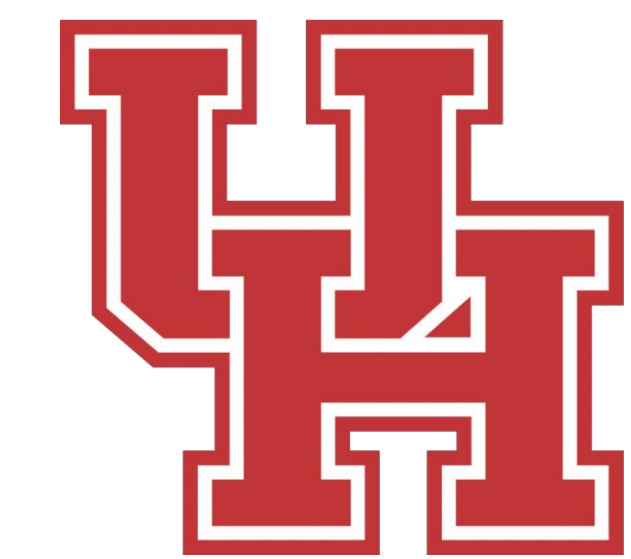


# MEDICATION COMPLIANCE IN AFRICAN AMERICAN AND HISPANIC MEN



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## Background

The treatment of hypertension commonly includes the long-term use of pharmacotherapy. Although these medications are effective in combating disease, their full benefits are often not realized because approximately 50% of patients do not take their medications as prescribed. Factors that lead to non-compliance from the time of discharge and beyond are divided into three separate categories that are patient based, physician/nurse based, and health care system derived. African American and Latino men are at greater risk for medication non-adherence due to their labeling of being a disadvantaged group when it comes to access to healthcare. Because barriers to medication adherence are complex and varied, solutions to improve adherence must be multifactorial.

## PICOT Question

How do middle aged (45-65 yr. old), African-Americans and Hispanic men, with a diagnosis of HTN, perceive the importance of their prescribed medication regimen from the time of discharge and beyond?

## Literature Review

- *Databases Used:* CINAHL, EBSCO
- *Article Selection Criteria:* Peer Reviewed Articles published between 2013-2018
- *Keywords:* Hypertension, African American, Latinos, Hispanic, Minorities, Medication Compliance, Discrimination



(Northwestern Medicine, 2018)

## Synthesis of Findings

- Medication adherence is not exclusively the responsibility of the patient <sup>1,2,3,4</sup>
- Lack of symptoms leads to the disbelief of the seriousness of the disease <sup>1,2,3,4</sup>
- In the US, African American men have 21% greater odds of HTN relative to white men <sup>4</sup>
- Factors associated with nonadherence include pharmacotherapy complexity, unsatisfactory knowledge about the disease, and dissatisfaction with health service <sup>5,6</sup>
- Low education levels are associated with lower use of antihypertensive medication, education variable is related to understanding the need to use the medication and the proper way of administration <sup>5,6</sup>
- Common asymptomatic nature of HTN does not encourage drug use <sup>1,5,6</sup>
- Education attainment is associated with blood pressure control <sup>1,5,6,7</sup>

## Implementation

- Mandatory Cultural Competency Training for RNs
- Assess and Document Socioeconomic Assessment
- Provide holistic care (physical, psychological, social, and spiritual) for the entire person
- Consistent HTN patient education



(Kaiser Permanente, 2015)

## Evaluation

- Mandatory Cultural Competency Training
- ↓ incidence of readmission within 30 days for uncontrolled HTN
- ↑ prescribed pharmacological intervention being realistic for socioeconomic assessment performed

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